

**Dodge County
ADRC and Aging Programs**

Henry Dodge Office Building
199 County Road DF

Aging and Disability
Resource Center (ADRC)

1-800-924-6407

920-386-3580

FAX: 920-386-4015

Aging and Senior Dining
920-386-3580

Transportation
920-386-3832

www.co.dodge.wi.us



Outdoor Protection



**How can I protect myself
from mosquitos?**

Cover up. Wear long sleeve shirts, long pants, and socks when outdoors. Since mosquitoes may bite through clothes, spraying clothes with a repellent will provide extra protection.

Use repellent. Apply insect repellent when you go outdoors. The U.S. Environmental Protection Agency (EPA) has registered several active ingredients for use in repellents that can be applied to skin and/or clothing. www.epa.gov



Always follow label instructions. Repellents have different age restrictions, shelf lives, and application limitations. Do not put repellent on children's

hands because it may get into their mouth. Do not spray repellent containing DEET on the skin underneath clothing.

Mosquito-proof your home.

Keep mosquitoes outside by fixing or installing window and door screens.

Around the house – drain or remove standing water.

Clean out mosquito breeding sites. A small amount of standing water can be enough for a mosquito to lay her eggs. Be sure to empty water from buckets, cans, pool covers, flower pots, wheelbarrows, boats, trash cans, etc.



Discard or store used tires.

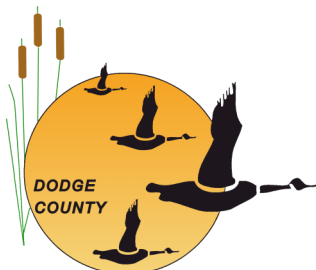
Throw away or cover up stored tires that aren't being used.

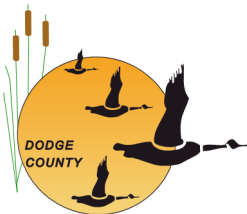


Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039




TO:





Aging & Disability Resource Center of Dodge County
199 County Road DF, 3rd Floor, Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

Message from Kris Schefft ADRC/Aging Services Supervisor:

 How are you spending this summer? This newsletter touches on safety related to summer activities and enjoying our “variable” Wisconsin summer. This may include a vacation in the sun, bug bites, and the need to protect our eyesight. If you are a caregiver, you will also appreciate the tips on “choosing joy” and how to find small ways to enjoy summer while juggling a full load of emotions. With that, we are introducing a game in our newsletter. Search our newsletter and see how many “acorn bunches” you can find in this issue. We’ve been sprinkling them throughout our newsletters over the past year and thought a game would be fun. Email us with your guess at hsagingunit@co.dodge.wi.us by August 1st for a chance to win a prize! We will have a drawing from the correct entries.

Have a fun summer!



Choose Joy



As a caregiver our worlds are different than what we anticipated they would be. The demand of meeting another person’s daily needs is great. Stress levels are high. Somehow within what may feel like a hectic and chaotic life we can still take time to create and appreciate moments of joy. Jolene Brackey wrote an entire book on Creating Moments of Joy for someone with Alzheimer’s Disease. But this important message is not just for those caring for someone with Alzheimer’s Disease. It is an initiative that we must take with people we love every day. Creating moments of joy can be as simple as turning on music and singing, holding someone’s hands, sharing a compliment or laughing at something silly. Moments of joy can be created. Watch for opportunities.

A quick smile or nod of recognition is worth more than any amount of money. Keep your expectations low and your appreciation high. Our lives are made up of moments. Make each moment count. Happiness depends on external factors. Joy, on the other hand, is a lens to see the world through. The difference between joy and happiness is that joy is a choice one makes.

Choose joy.

Kathleen Manny
Co-Chair/The Family Caregivers Coalition in Sheboygan County
Community Services Specialist/Aging & Disability Resource Center



July 2016

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The ADRC and Aging Programs in Dodge County are just a phone call away!



1-920-386-3580
or
1-800-924-6407

WELCOME TO MEDICARE!

Wednesday, September 7, 2016

4:00 - 6:00 pm

Have Questions about Medicare? Get Answers!

Looking to learn MORE about how to make good Medicare choices? Looking to learn MORE about Medicare's Preventive and Wellness Services? Looking to learn MORE about programs that may help lower costs of Medicare premiums, deductibles, and co-pays?

The Jefferson and Dodge County Benefit Specialists invite you to attend an "ABCs of Medicare" workshop open to ANY Medicare beneficiary who has questions or concerns on the ALPHABET SOUP of complicated Medicare options and benefits.

Watertown Regional Medical Center

125 Hospital Drive

Watertown, WI 53098

Harvest Community Kitchen

Guests please use: Main entrance

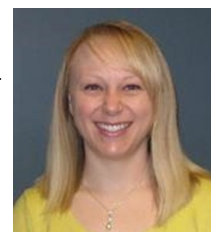
This workshop is **free** but attendees **need to pre-register**

Please call 920-674-8734



disabilityrights | WISCONSIN

My name is Amanda Higgins, and I am the Elder Benefit Specialist for Dodge County. I help older persons who are having problems with their private or governmental benefits. I receive ongoing training, and I am monitored by attorneys knowledgeable in elder law. The attorneys are available to assist in legal representation on benefit matters. I am available to provide free legal services and advocacy to folks 60 and older. There are a variety of programs I can assist with including; Medicare, SeniorCare, supplements, Medicare Advantage plans, Social Security, Consumer Law Issues, Veteran Benefits, and benefit screenings to see what benefits a person is eligible for, etc. I answer benefit related questions, provide application assistance, and determine if a case has merit to proceed with an appeal. I am not allowed to contact clients who do not directly request assistance, so if you have questions or an issue to discuss, give the ADRC a call.





YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist



Glaucoma & Medicare Coverage

Glaucoma is a group of diseases that damage the eye's optic nerve. As a result, one can suffer from vision loss and blindness. Fortunately, early detection and treatment can help prevent vision loss. It can be hard to tell if a person has glaucoma because there are often no outward symptoms. However, without treatment, a person could slowly lose peripheral vision and, over time, straight ahead vision may decrease as well.

What can you do?

Individuals are encouraged to undergo a comprehensive dilated eye exam each year. Medicare Part B covers a glaucoma test once every 12 months for those who are considered to be *at high risk*. You are considered high risk if any of the following applies to you:

1. You have diabetes or a family history of glaucoma.
2. You are African-American and age 50 or older.
3. You are Hispanic-American and age 65 or older.

Like all other Part B-covered services, a beneficiary will be responsible for a 20% co-pay. Further, the Part B deductible (\$166 in 2016) applies.

Individuals who are diagnosed with glaucoma should be sure to take medication as directed. The Glaucoma Research Foundation (GRF) notes that glaucoma medications can slow the progression of the disease by lowering an individual's intraocular pressure (IOP). Lowering the IOP helps because it prevents further damage to the optic nerve. Also, individuals should engage in regular exercise because it can help lower an individual's IOP. The GRF notes that studies have shown that even moderate exercise three or more times a week can have an IOP lowering effect. Finally, the GRF suggests that individuals wear protective eyewear when engaged in athletic activities or home improvement projects. If you have questions about whether you should receive a glaucoma test or would like to discuss your risk for developing the disease, it is suggested to speak with your health care provider.

For more information on this topic:

- www.medicare.gov/coverage/glaucoma-tests.html
- www.glaucoma.org/gleams/what-can-i-do-to-preventglaucoma.php
- <http://blog.medicare.gov/2016/01/11/national-glaucomaawareness-month/>
- https://nei.nih.gov/health/glaucoma/glaucoma_facts

If you have questions or issues regarding your health care coverage, for residents age 60 and older, contact your local Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC) of Dodge County at 920-386-3580 or 800-924-6407.

Published with permission from the Legal Services Team at the Greater Wisconsin Aging on Aging Resources' Elder Law & Advocacy Center.

YOUR VOTE IS YOUR VOICE

about decisions affecting your community, your state and the nation. Although presidential elections get most of the media attention, the more local the race, the more your vote counts!

Things to know:

- You can vote without leaving your home by requesting an **absentee ballot**. We can mail you an application form for this.
- You will need a **photo ID** to vote at the polls.
- **You can get a free ID at the DMV** (Division of Motor Vehicles). Start this process right away! You'll need to provide proof of identity and residency. Most people will be fine with a certified birth certificate, a Social Security card and a utility bill or cell phone bill. Be sure to bring originals — photocopies don't work — and check the box that says "ID for Free" on your application. Once it's complete, you'll get a receipt (valid for 45 days) that you can use at the polls until your state ID arrives by mail. For more information on voter ID, see <http://bringit.wi.gov/> or call 1-866-vote-wis.

For everything you need to know about voting, visit <http://www.gab.wi.gov/voters>. To learn about the Voter Photo ID law, go to BringIt.Wisconsin.gov or call 1-866-vote-wis.

I'm a voter with a disability

All polling places in Wisconsin must provide accessible voting equipment. If you are unable to make it into your polling place due to a disability, curbside voting from your car is also available. Please contact your local municipal clerk for details. You can find your clerk at **My Vote WI:** myvote.wi.gov.

Voters with disabilities may also **request an absentee ballot** be sent to them for every election.

If you vote absentee, you may be exempt from photo ID requirements.

More information for voters with disabilities about polling place and voting equipment accessibility can be found at:

<http://www.gab.wi.gov/voters/accessibility>

I'm a first-time voter and want to register

You can register at the polls on Election day, but you can also start the registration process online at **My Vote WI:** myvote.wi.gov or register in-person at your local municipal clerk's office or with a special registration deputy.

All voters must submit **proof of residence** with their voter registration.

The ADRC wants to make sure you are able to register and vote if you choose to.
Call us at 920-386-3580 if you need more resources. 🌿

2016 voter timeline

Deadlines for Partisan Primary on August 9, 2016

July 12	Last day to begin to acquire residence for Partisan Primary.
July 20	Last day to register to vote by mail (or by Special Reg Deputy) in Partisan Primary.
Aug 4	Last day for most voters to request absentee ballots by mail for Partisan Primary.
Aug 5	Last day for indefinitely confined electors (and some military electors) to request absentee ballots by mail for
Aug 5	Last day to register to vote in the Partisan Primary in the municipal clerk's office
Aug 5	Last day to apply in person to the municipal clerk for absentee ballots to vote in the Partisan Primary.
August 9	Partisan Primary – vote for candidates within your chosen party

Deadlines for General Election on November 8, 2016

Oct 11	Last day to begin to acquire residence for the General Election (if you move after this day, you may vote from
Oct 19	Last day to register to vote by mail (or by Special Registration Deputy).
Nov 3	Last day for most voters to request absentee ballots by mail.
Nov 4	Last day for indefinitely confined electors (and some military electors) to request absentee ballots by mail.
Nov 4	Last day to apply in person to the municipal clerk for absentee ballots to vote in the General Election
Nov 8	General Election



Tips to Extend Independence of a Senior at Home

Most people list their independence among the things that are most important to them. Small children are proud of the day that they learn to tie their shoelaces, teenagers enjoy the freedom that comes with passing their driving test, and senior adults seek to retain their independence for as long as possible.

Unfortunately, as we age we sometimes have to fight to remain independent. Those who are caring for an aging loved one are likely familiar with this power struggle. It can take some creativity and gentle persuasion to help a loved one remain safe and independent at home. These are a few easy tips a family caregiver can use to help extend their freedom.

Write Lists

Lists are a valuable resource at any age. They are even more important for those with failing memories and those that have minds so full of other information that they can no longer remember small tasks or appointments.

If you notice a pattern of small incomplete or overlooked tasks each time you visit your aging relative, supply them with a list of objectives that can keep their home in good order. Perhaps these things have been important to them in the past; watering plants, recording a TV show, or daily routines that are easily forgotten. Lists are also valuable for gentle reminders of where things are as well as when appointments are scheduled.

Show them how to mark out a task when it is completed and ask them to see to each task on the list before the next visit. This doesn't just remind them to do the laundry, dust the fireplace and clean out the fridge—it also their limitations to the surface, and aids in keeping an eye on any gradual changes in their ability over time.

Supply the Required Equipment

Surprisingly, there are a wide variety of household aids that are available to make life easier. Learn what an aging relative considers his or her restrictions to be, then research what is available that will help them to get around those limitations. It is important to keep a realistic perspective and not jump to conclusions too soon. As family, they trust and want this help to maintain their independence in their own home for as long as possible.

Useful daily living aids that can help an older adult look after their home include reaching tools, grabbers, doorknob grips, faucet turning aids, remote controls, and clocks and phones with large numbers for easier visibility.

Check in Regularly

If an aging relative is not coping particularly well, the issue can be resolved quickly with proper awareness. Try to visit as often as your schedule allows, and do not space out visits too much. If you visit for an hour each morning and an hour each evening, then any issues will be easily noticed, as opposed to stopping in twice a week for six hours, which can allow problems to build up in between. Visits that are too far apart also open the possibility of more serious situation going unaddressed, such as a fall, injury, broken glass, or spills on the floor, etc.

Network with Neighbors

It is likely to find that younger people in their neighborhood will be all too happy to help with basic tasks, or at least to keep an eye on the house from a distance. The problem is that many older people do not connect with their younger neighbors, and vice versa, leaving those neighbors with no idea that someone could need their support. A simple request for help while providing the neighbors with contact information can prevent a potentially dangerous situation that may go unnoticed otherwise.

On their behalf, visit a younger neighbor and introduce yourself and the situation. Do not ask the neighbor to do any household chores, but ask if they will look out for your mom or dad when it is convenient for them. It can be surprising how much some people, especially long time neighbors, are willing to help.

Consider hired help

If a senior adult is struggling to look after their home, but does not necessarily need to be in a dedicated care facility, then hiring a housekeeper or looking for a home health aide can allow them to enjoy life at home with less responsibility.

Hiring a professional in-home caregiver can reduce the pressure, while helping aging relatives retain their independence.

Remember to consider their unique and individual circumstances as their need for assistance increases. There will be a time when alternative care arrangements are likely to be necessary, for the benefit of all involved. Until then, enable them to retain as much freedom in their own home as possible.



Elder Benefit Specialist **Office Hours 2016**

Appointments are encouraged and will be priority.
Walk-ins will be taken if time permits.



Beaver Dam Watermark

209 S Center St., Beaver Dam, WI 53916

1st Wednesday of the Month from 10a-12p

Campbell Court Apartments - Community Activities Building

146 Judson Dr., Beaver Dam, WI 53916

2nd Friday of the Month from 10a-12p

(except for December 9th & time change 2p-4p)

Watertown Senior Center

514 S 1st St., Watertown, WI 53098

4th Monday of the Month from 10a-12p



The Importance of Good Nutrition

In 2014, research from the Annals of Emergency Medicine revealed that more than half of seniors who go to the emergency room at their local hospital are malnourished or are at risk of malnutrition. Many factors affect nutrition and they can have a major impact on our health. Poor nutrition can affect brain function and increase our risk of osteoporosis and fractures, as well as other debilitating conditions. Good nutrition is important to allow our bodies to function at their best at a time in our lives when things in general don't always work as well as they used to. Poor nutrition can make things worse. A side effect of many medications is a dry mouth which makes chewing and swallowing more difficult. Parkinson's disease can also affect swallowing. A decreased sense of smell and taste makes food less appealing and enjoyable. Depression or mobility issues make it more difficult to get to the store and to prepare meals.



There are things you can do to enhance your intake and make simple foods more appealing. You can boost your protein intake by spreading peanut butter on toast, apples, or bananas or grate cheese on vegetables, soups, and sandwiches. Salt free herbs and spices can enhance the flavor of meals without adding salt. Have loose dentures adjusted to assist in chewing. Your doctor may recommend supplements but proper food continues to be the recommended way of getting daily nutrients. ~ *Focus on Healthy Aging and Women's Health Reporter*



Dining Center Menus for July, August, and September



July

Friday, July 1 – Glazed Ham

 Monday, July 4 – Closed

 Tuesday, July 5 – Beef Frank

 Wednesday, July 6 – Swiss Steak

 Thursday, July 7 – Orange Chicken

 Friday, July 8 – Liver and Onions

 Monday, July 11 – Cranberry & Kraut Meatballs

 Tuesday, July 12 – Lasagna Casserole

 Wednesday, July 13 – Pork Steak

 Thursday, July 14 – Chicken Chow Mein

 Friday, July 15 – Chef Salad

 Monday, July 18 – Escaloped Potatoes & Ham Casserole

 Tuesday, July 19 – Baked Chicken

 Wednesday, July 20 – BBQ Meatballs

 Thursday, July 21 – Chicken Tetrazzini Casserole

 Friday, July 22 – Salisbury Steak

 Monday, July 25 – Mushroom Pork Cutlet

 Tuesday, July 26 – Meatloaf

 Wednesday, July 27 – Roast Beef

 Thursday, July 28 – Pepper Steak

 Friday, July 29 – Chicken Marsala



August

Monday, August 1 – Swedish Meatballs

 Tuesday, August 2 – Hungarian Goulash

 Wednesday, August 3 – Roast Turkey

 Thursday, August 4 – Beef Stroganoff Casserole

 Friday, August 5 – Ham Rolls

 Monday, August 8 – Country Fried Steak

 Tuesday, August 9 – Baked Chicken

 Wednesday, August 10 – Pork Jaegerschnitzel

 Thursday, August 11 – Chicken Cacciatore

 Friday, August 12 – Beef and Pork Chop Suey

 Monday, August 15 – Hamburger on a Bun

 Tuesday, August 16 – Meatballs in Honey Mustard Sauce

 Wednesday, August 17 – Baked Spaghetti

 Thursday, August 18 – Chicken Breast

 Friday, August 19 – Fruited Chicken Salad

 Monday, August 22 – Roast Pork Loin

 Tuesday, August 23 – Salmon Loaf

 Wednesday, August 24 – Baked Chicken

 Thursday, August 25 – Smoked Sausage

 Friday, August 26 – Burgundy Mushroom Chopped Steak

 Monday, August 29 – Hawaiian Meatballs

 Tuesday, August 30 – Swiss Steak

 Wednesday, August 31 – Chicken Broccoli & Rice Casserole

September

Thursday, September 1 – Beef Stew

 Friday, September 2 – Chicken Teriyaki

 Monday, September 5 – Closed

 Tuesday, September 6 – Bratwurst on a Bun

 Wednesday, September 7 – Chicken and a Biscuit Casserole

 Thursday, September 8 – Salisbury Steak

 Friday, September 9 – Crispy Fish Fillet

 Monday, September 12 – Pot Roast

 Tuesday, September 13 – Baked Chicken

 Wednesday, September 14 – Chili Casserole

 Thursday, September 15 – Pork Steak

 Friday, September 16 – Cranberry and Kraut Meatballs

 Monday, September 19 – Glazed Ham

 Tuesday, September 20 – Roast Turkey

 Wednesday, September 21 – Meatloaf

 Thursday, September 22 – Lasagna Casserole

 Friday, September 23 – Salisbury Steak

 Monday, September 26 – Chicken Breast

 Tuesday, September 27 – Sweet & Sour Pork over Brown Rice

 Wednesday, September 28 – Baked Chicken

 Thursday, September 29 – Meatballs in Honey Mustard Sauce

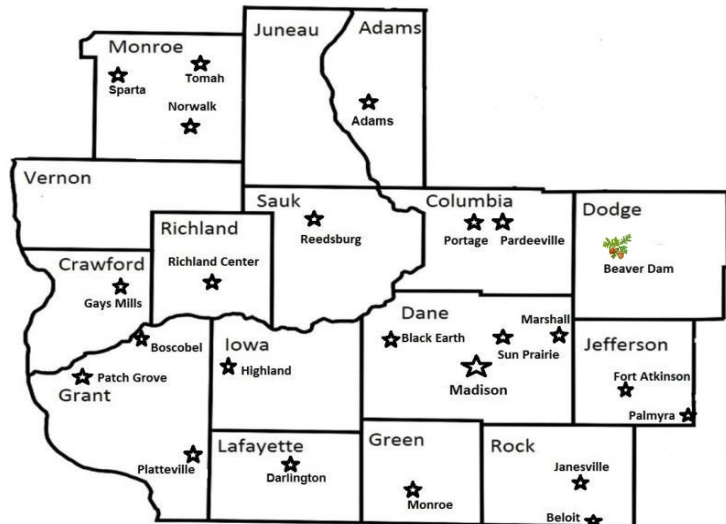


What is a mobile food pantry?

Second Harvest teams up with local volunteers each month to distribute fresh and non-perishable food to people who are experiencing challenges with making ends meet. Days, time, & locations for each mobile are listed below. We distribute approximately 60 pounds of food per household. Bring bags and boxes if possible. **No identification or proof of residency necessary.**

Mobile Pantry Program

Please call 608-223-9121 between 8:30 am-5:00 pm for information about cancellations due to weather or other circumstances.



Adams County

Adams-Friendship Middle School (420 North Main Street), 3rd Wednesday, 5:00 pm. Future locations to be determined, call to verify.

Columbia County

Portage: Veterans Memorial Field (Fairgrounds), intersection of Griffith St. and Superior St., 2nd Monday, 11 am

Pardeeville: St. Mary's of the Most Holy Rosary Catholic Church, (318 S. Main St) 4th Monday, 3:30 pm

Dane County

Black Earth: New Heights Lutheran Church (1705 Center St), 2nd Tues, 4 pm

Madison:

- Brittingham Apts. (755 Braxton Pl) 1st Wednesday, 2pm
- South Madison: St. Martin House (Catholic Multicultural Center, 1862 Beld St), 1st Thursday, 9 am
- Ridgeway Church (3245 E. Washington Ave),
- 2nd Friday, 6pm
- Bridge Lake Point Waunona Neighborhood Center (1917 Lake Point Dr), 3rd Wednesday, 11:30 am

Marshall – Waterloo: Holy Trinity Church (605 Madison St), last Friday of month, 2pm

Sun Prairie: Emergency Food Pantry in Sunshine Place (18 Rickel Rd), last Tuesday of month, 5 pm

Dodge County

Beaver Dam: Dodge County Fairgrounds (Hwy 33 and High Point Road), 2nd Saturday of month, 10am

Green County

Monroe: St Vincent de Paul (501 1st Ave), 3rd Thursday, 3 pm

Iowa County

Highland: Sts. Anthony & Philip Church (726 Main St), last Monday of month, 4:30 pm

Jefferson County

Ft. Atkinson: St Joseph's Catholic Church (1660 Endl Blvd), 2nd Thursday, 2 pm

Palmyra: St Mary's Catholic Church (919 W. Main St), 1st Thursday, 4 pm

Rock County

Janesville:

- St. John Vianney Catholic Church (1250 E. Racine St), 1st Monday, Registration: 11:30-12:30 pm, Food Distribution 12:30-2 pm
- First Lutheran Church (612 N Randall Ave), 2nd Thursday, 4-6 pm distribution

Beloit:

- Masonic Center #1 (229 W. Grand Ave), 2nd Wednesday, 10 am
- Masonic Center #2 (229 W. Grand Ave), 4th Tuesday, 10 am

Sauk County

Reedsburg: 4th Thursday, 4:30pm

January - March, Reedsburg VFW (200 Veterans Dr)


April - October, Sacred Heart Catholic Church (624 Willow St)

What's Happening at Your Dining Center?

Volunteer Recognition 2016 Recap

We recognized the hard work and tons of hours our volunteers offer to the community on



April 27th, 2016 with an "All Star" Recognition Banquet. Staff for the Dodge County Human Services and Health Department held two fundraisers to help support this event which included a tailgate related meal, door prizes, and entertainment by Patsy Cline impersonator Karen Wickham. There was even a sausage race by the "Not so Famous" Dodge County sausages! Again, thank you to all the volunteers! 

The CCoT (County Communities on Transition) team in Dodge County meets routinely to discuss how better to serve and provide information to students and families of students with differing abilities. Most recently at the final meeting for the 2015-16 school year, plans were discussed to organize Dodge County's first "Job Olympics".

This experience will provide high schoolers with special

needs, hands-on experience in the working world. It is a wonderful way to gain skills and confidence before actually entering the job field. It also provides an opportunity to work on social skills, make friendships, and work on more functional activities other than just academics. The event is hoping to be organized and ready to go sometime in the spring of 2017. Plans are also to alternate a job Olympics and transition fair every other spring.

The CCoT team is also hoping to organize a mini transition fair at the fall parent-



teacher conferences at the Beaver Dam High School. Vendors would be present to provide information on transition services.

CCoT members that attended the latest retreat in Wisconsin Dells, provided information on web design and other activities from area counties to hopefully be utilized by Dodge County in the near future.



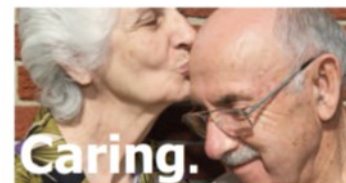
Lastly, the CCoT continues to expand and is hoping to involve all the school districts in Dodge County. A hopeful change in the upcoming school year is that each school involved would host at least one CCot meeting to better serve all students and their families with special needs!

Let me win.
But if I cannot win,
let me be brave
in the attempt.
- Special Olympics athlete oath



TIPS FOR DIFFUSING FAMILY CONFLICT

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief, and change in their own way and will also have different ideas of what is best for the loved one needing care.



It's not the hard part of caregiving.

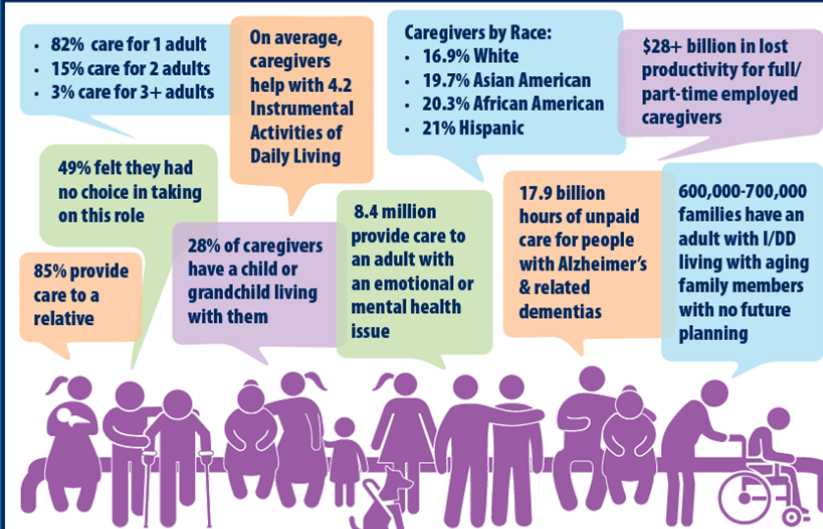
Good communication and a commitment to making the caregiving plan work are essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done.

Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

- ◆ Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- ◆ Use "I" statements to avoid blaming others.
- ◆ Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone. "Learn something from someone with whom you disagree."
- ◆ Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- ◆ Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.
- ◆ When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- ◆ Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- ◆ If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you be a better communicator.
- ◆ LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.
- ◆ Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write down tasks so everyone is clear about expectations.
- ◆ Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- ◆ Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.
- ◆ Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.

**If you need help in your caregiving role, contact the:
ADRC of Dodge County at 800-924-6407 or 920-386-3580**

PROFILE OF CAREGIVERS IN AMERICA



The world's older population continues to grow at an unprecedented rate. Today, 8.5 percent of people worldwide (617 million) are aged 65 and over. According to a new report, "An Aging World: 2015" this percentage is projected to jump to nearly 17 percent of the world's population by 2050 (1.6 billion).

"An Aging World: 2015" was commissioned by the National Institute on Aging (NIA), part of the National Institutes of Health, and produced by the U.S. Census Bureau. "We are seeing population aging in every country in every part of the world," said John Haaga, Ph.D., acting director of NIA's Division of Behavioral and Social Research.

"Many countries in Europe and Asia are further along in the process, or moving more rapidly, than we are in the United States. Since population aging affects so many aspects of public life — acute and long-term health care needs; pensions, work and retirement; transportation; housing — there is a lot of potential for learning from each other's experience."

NIH-funded Census Bureau report

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Wisconsin Council of the Blind & Visually Impaired

Have fun in the sun with proper eyewear to stay protected – July is UV Safety Month

While we enjoy the long, warm days of July, it's important to stay protected from the sun's powerful rays.

Too much exposure to the sun can cause damage to both eyes and skin. The sun releases energy (radiation) in many forms, including ultraviolet rays. UV rays can cause sunburn and damage vision.



There are two types of UV rays: A and B. Long-term exposure to UVA rays can affect central vision. The macula, part of the retina at the back of the eye, can become damaged. UVB rays often injure the front portion of the eye where the cornea and lens are located.

Amy Wurf, Certified Low Vision Therapist with the Wisconsin Council of the Blind & Visually Impaired, said UV light could be described as an invisible threat because it's not visible to the human eye.

"We should protect our eyes from UV light as much as we can," Wurf said. "Look for tags on sunglasses that state they block 99-100 per-

cent of UVA and UVB light. Wraparound sunglasses can be purchased to wear alone or fit over prescription glasses. These types of sunglasses protect the eyes from UV rays entering around the frames. Polarized lenses reduce glare, but they should not take the place of UV protection. They may include UV protection, but it's important to check the tag to be sure."

UV rays can lead to several eye diseases, including macular degeneration, cataract, and diabetic retinopathy. Macular degeneration is a leading cause of vision loss among older Americans, while cataracts are often formed from the effects of UVB rays.

"These eye conditions can cause people to experience discomfort with light sensitivity and create issues with glare," Wurf said. "Filters that reduce overall light transmission and protect the eyes from UV rays manage the light that reaches the eyes to maximize functional vision. Reducing glare and increasing contrast can increase safe mobility and provide relief from light sensitivity."

The good news is wearing sunglasses can be a simple and relatively inexpensive way to safeguard your eyes.

Kevin Damask, staff writer with the Wisconsin Council of the Blind & Visually Impaired

